

## In the Claims

1. (Currently amended) A method for using a food menu providing system provided on a communication network, the method of using the system ~~for providing with~~ a user with food menus applicable for a predetermined period, ~~said system being characterized in that~~ method comprising:

accessing said food menu providing system ~~provides to~~ by said user through said communication network; and the following:

implementing said food menu providing system, the implementing comprising:

selecting food menus applicable for said predetermined period;

receiving a cooking recipe for each of said food menus; and

receiving a food material list having food material data such as quantities of all food materials necessary to said food menus for said predetermined period.

2. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said food material list comprises a shopping list for use by said user to purchase at one time the food materials necessary to said food menus for said predetermined period.

3. (Currently amended) The ~~food menu providing system~~ method according to claim 2, where in said shopping list is transmitted to a portable terminal unit supporting the e-mail.

4. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said food material list is further provided to a shop which sells the food materials, the food materials necessary to said food menus for said predetermined period are collected in advance at said shop, and the collected food materials are provided to said user.

5. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said food materials listed on said food material list are further collectively delivered to said user.

6. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said system is characterized in that other food menus instead of the provided food menus are provided in accordance with a request of said user based on the food materials necessary to said food menus for said predetermined period.

7. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said system is characterized in that if a part of said food materials is left, food menus which use the leftover food materials are further provided based on data of said leftover food materials.

8. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said system provides food menus which satisfy the conditions designated by said user.

9. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said cooking recipe includes at least any one of still image data, movie image data and voice data.

10. (Currently amended) The ~~food menu providing system~~ method according to claim 1, wherein said predetermined period is one week.